

A FREE RESOURCE FROM
AFTER THE DISCOVERY



You Are Not Going Crazy

*Understanding Why You Feel
the Way You Do After
Discovering Porn or
Sex Addiction*



*You're not alone.
You're not broken.
You will get through this.*



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START HERE

You Are Not Going Crazy

If you've discovered your partner's pornography use, compulsive sexual behaviour, affairs, escorts, massage parlours, or another hidden sexual life, the ground underneath you can feel like it's disappeared.

You may feel like you're losing yourself.

You might question your memory.

Your judgment.

Your emotions.

Even your sanity.

You're not alone.

And you're not going crazy.

What you're experiencing is a very common response to betrayal trauma. Your brain has been trying to make sense of two completely different realities:

The relationship you believed you
were living.

The relationship that actually existed.

That creates enormous emotional confusion.

WHY IT FEELS THIS WAY

Two Truths, One Mind

Your mind is not built to hold two contradictory truths at the same time. It wants one coherent story, one version of your life it can trust and rely on. When that story splits in two, your whole sense of reality goes with it.

This is sometimes called shattered assumptions. The basic beliefs that once felt solid, that your partner was who they said they were, that your relationship was what it appeared to be, that your judgment could be trusted, are all suddenly in question.

It's common to feel like you're grieving two different things at once: the loss of the relationship you believed in, and the loss of trust in your own perception. Both griefs are real, and both deserve space.

That's not a personal failing. It's a natural, human response to discovering that your reality was not what you thought it was.

THE CONFUSION

"Why Do I Feel Like This?"

Many women say:

- ✓ I can't stop thinking about it.
 - ✓ I replay conversations over and over.
 - ✓ I keep looking for answers.
 - ✓ I feel obsessed.
 - ✓ I don't recognise myself anymore.
 - ✓ I cry over everything.
 - ✓ I can't concentrate.
 - ✓ I don't trust my own judgment.
 - ✓ I feel numb.
 - ✓ I swing between hope and anger.
-

These are not signs that you're "crazy."

They're signs that your nervous system has been overwhelmed.

Your Body Is Doing Its Job

When your nervous system senses danger, whether that danger is physical or emotional, it shifts into survival mode. That is what betrayal trauma does. It tells your body that the person who was supposed to be your safety has become a source of threat.

Your mind reacts the same way it would to any other trauma. It becomes hyper-focused on the danger, scanning for more information, trying to predict what might happen next. That hyper-focus can feel like obsession, but it is actually your body trying to keep you safe.

This survival response can show up in very physical ways too: a racing heart, a tight chest, trouble sleeping or eating, or checking his phone, his socials, or his location without meaning to.

Understanding this doesn't make the pain disappear. But it can help you feel less afraid of your own reactions.

Why Your Brain Won't Let It Go

Your brain is trying to solve a problem.

Before discovery, everything seemed to fit together.

After discovery...

Nothing does.

Your brain desperately searches for information because it believes that finding one more piece of the puzzle might make you feel safe again.

That is why you may:

- read articles constantly
- search Google for hours
- replay memories
- ask the same questions repeatedly
- need reassurance
- struggle to stop thinking

This isn't weakness. It's your brain trying to protect you.

More Information, Not More Peace

This searching has a name. It's often called obsessive information seeking, and it's one of the most common responses to betrayal trauma.

Your brain believes that if it can just gather enough information, understand the full timeline, know every detail, it will finally be able to relax. But betrayal trauma rarely works that way. More information often brings more questions, not more peace.

This doesn't mean you should feel ashamed of searching. It means your nervous system is doing exactly what it was designed to do, trying to detect danger and prevent it from happening again.

Over time, with support, that urgent need to know everything does soften. You will not always feel this way.

WHEN YOUR REALITY WAS DENIED

Gaslighting Makes It Worse

If your concerns were denied...

If you were told you were imagining things...

If your intuition was dismissed...

If you were called controlling, paranoid, jealous, or insecure...

Your reality has been questioned for months or even years.

This has a name. It's often called gaslighting: a pattern where someone repeatedly denies, minimises, or distorts your reality until you stop trusting what you know to be true. It rarely needs to be dramatic to work. Small, consistent moments of dismissal are enough.

After discovery, many women don't just grieve the betrayal. They grieve the loss of confidence in their own mind.

That can feel terrifying.

You might find yourself replaying conversations, searching for proof, or feeling like you need permission to trust your own memory. That searching isn't a flaw. It's what happens when your reality has been questioned for so long.

But it can be rebuilt.

It Doesn't Have to Be Dramatic

Gaslighting doesn't have to be dramatic to be damaging. It can be as quiet as a sigh, an eye roll, or a simple you're overreacting, repeated often enough that you start to believe it.

Over time, that repetition teaches you to distrust your own perception. You start to second guess the things you see, hear, and feel, even when your instincts are right. That is one of the most painful parts of betrayal trauma, not just the discovery itself, but the erosion of trust in your own mind that often came before it.

This pattern is especially disorienting when it comes from someone you trusted. Over months or years, small denials add up. You begin to doubt not just this one situation, but your own perception in general.

It can look like:

- Denying something was said, even when you have proof
- Making you feel guilty for feeling hurt or upset
- Turning your concerns back onto you
- Downplaying what happened as no big deal

Rebuilding that trust takes time. It starts with small moments, noticing when your intuition was accurate, and letting yourself believe it.

What You're Feeling Makes Sense

You may experience:

- Hypervigilance
- Panic
- Emotional numbness
- Anger
- Difficulty trusting
- Forgetfulness
- Anxiety
- Intrusive thoughts
- Difficulty sleeping
- Sadness
- Exhaustion
- Difficulty making decisions

These are common trauma responses.

They do not mean you're weak. They mean something deeply painful has happened.

A CONFUSING MIX

Both Are Valid

Some of these responses might surprise you. You may feel intense anger one moment and complete numbness the next. You may struggle to make a simple decision, like what to eat for dinner, while somehow still managing to hold everything else together.

This is normal. Betrayal trauma affects the nervous system in ways that can feel confusing and contradictory. Your body may swing between hyperarousal, feeling on edge, reactive, unable to relax, and hypoarousal, feeling flat, foggy, or disconnected.

None of these responses need to be fixed right away. They are simply signs that your body is processing something enormous. Give yourself permission to feel them without rushing to make them disappear.

Both are valid responses to trauma. Neither one means something is wrong with you.

READ THESE WHENEVER YOU NEED THEM

Gentle Reminders

- ♥ I am not overreacting.
- ♥ My intuition mattered.
- ♥ My body is responding to betrayal.
- ♥ I don't have to make every decision today.
- ♥ I deserve honesty.
- ♥ I deserve respect.
- ♥ Healing takes time.
- ♥ I can survive this.
- ♥ I am stronger than I feel today.
- ♥ I am allowed to grieve this.
- ♥ My feelings are not too much.
- ♥ I get to decide what happens next.
- ♥ This will not always hurt this much.

ONE SMALL STEP

What You Can Do Today

You don't have to solve everything today. You don't even have to feel better today. Healing doesn't happen all at once. It happens in small, ordinary moments, one breath, one choice, one small act of care at a time.

Choose just one.

- ☐ Drink some water.
 - ☐ Eat something nourishing.
 - ☐ Take a short walk.
 - ☐ Write down your thoughts.
 - ☐ Call someone safe.
 - ☐ Take a break from searching for answers.
 - ☐ Breathe slowly for five minutes.
 - ☐ Read something that helps you feel understood.
 - ☐ Rest.
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Remind yourself:

I am not going crazy.

I am recovering from betrayal.

ONE LAST THING...

If no one has said this to you recently...

I want you to hear it now.

The confusion you're feeling makes sense.

The sadness makes sense.

The anger makes sense.

The questions make sense.

The exhaustion makes sense.

None of this happened because you weren't enough. None of it means you're broken. You have experienced a profound betrayal of trust. And while healing won't happen overnight, you don't have to walk through it alone.

You deserve honesty. You deserve safety. You deserve peace.

